

Monthly Option

A £25 fee is required for the 'Get Started' programme, this includes an initial health check, which is part of our health and safety requirements.

Annual Option

Annual memberships offer the best value for money and are non-refundable. A £25 fee is required for the Get Started programme.

Specialist Option

Those eligible for specialist membership include:

- 16 to 18 year olds
- Students with NUS cards
- Those who have completed the Exercise Referral Programme
- Senior Citizens

Duo Membership

Join with your spouse, partner, friend or colleague. Pay by one direct debit - a great way to spread the cost.

3 Site option

Enjoy access to all three YMCA LSW sites - YMCA Wimbledon, YMCA Hawker Centre (Kingston) and YMCA Surbiton.

Active Kingston Card

If you are aged 60 or over; receive Jobseeker's Allowance; Income Support; are a full-time student in further or higher education; are registered disabled or receive disability benefit or Carer's Allowance, then you can apply for a Royal Borough of Kingston Active Kingston Card. This entitles you to discounted use of eight leisure centres in the Royal Borough during certain hours. At YMCA Surbiton you have access to the following facilities: -

Fitness Classes	£4.00
Get Started Programme	£12.00
Gym Pass	£4.50

YMCA Surbiton is an issuing centre – please ask at reception for further details or pick up a leaflet. Please note, that you must live in the Royal Borough of Kingston-upon-Thames to qualify.

Day Passes

If you do not wish to join, we offer a day pass that entitles you to use the gym for **£6.50**. The fee to get started is **£25** if you are new to the centre. Classes are available on a PAYG option, with prices ranging from £5.00 to £6.90 per class.

If you would like to join YMCA Surbiton or would like more information, please ask Reception or call us

belong

join or 'pay as you go'



YMCA Surbiton

49 Victoria Road

Surbiton

KT6 4NG

T:020 8390 0148

F:020 8390 0665

www.kwymca.org.uk

belong...

Welcome to YMCA London South West. A diverse organisation, founded in 1874, it has constantly adapted and changed, to face the evolving world in which we all live. We operate in housing, child care, sport, health & fitness, youth work, international relief and development.

YMCA Surbiton (part of YMCA LSW) has everything you need to achieve and maintain a healthy lifestyle. Our qualified and enthusiastic instructors will help make exercise a regular and enjoyable part of your life. The gym is light, air-conditioned and equipped with up-to-date cardiovascular and resistance equipment. We have two studios offering a wide range of sports, fitness and dance classes. Programmes are updated regularly to bring you the latest fitness trends.

We operate a range of membership options to suit all requirements – you can take out a monthly or annual membership, join as an individual or family, or simply pay-as-you-go. For those on low incomes or claiming benefits, we participate in the Royal Borough of Kingston's Leisure Card scheme.

We wish to create a sense of belonging and engagement. Access is vitally important to us, therefore in accordance with our charitable status, YMCA LSW does not discriminate against those who are less able to meet our membership fees. We operate a day pass scheme, where anyone can use the Centre's facilities, at any time of the day, for a fee of £6.50 per day. For more details, see overleaf.

we offer...

- **Unlimited use of the gym**
- **Unlimited fitness classes**
- **Reduced rate for courses**
- **The Get Started Programme** (5 steps to fitness)

Step 1 Health profile (lifestyle questionnaire)

A consultation to take measurements, set goals and talk about the best programme for you to attain them.

Step 2 Personal exercise programme

The instructor will take you through each piece of equipment to make sure you get the most out of your training programme and check your technique is safe.

Step 3 Supervised workout

During this session, maximise effectiveness with a shadow workout.

Step 4 Nutritional consultation or supervised workout

Eating and exercise go hand in hand, learn more through this healthy eating session.

Step 5 Monthly Review

After 4 to 6 weeks you should feel and notice the difference. The instructor will take your measurements and set the next stage of your exercise programme.

Our ongoing commitment to you

Monthly review days take place, where you can drop in any time during the day and have any part of your programme reviewed.

- **Use of changing facilities, showers, sauna and steam room**
- **Free parking in Sainsbury's car park** (2 hours).

for everyone...

YMCA Surbiton welcomes the whole family, with a wide range of activities for ages 2 to 60+ years including:

- **Pilates & Yoga**
- **Body Pump**
- **Step & Classic Aerobics**
- **Legs, Bums & Tums**
- **Indoor Cycling**
- **Gentle Exercise**
- **Circuit Mix**
- **Body Balance**
- **Jazz Dancing**
- **Junior Karate**

**Full programmes are available from Reception or call:
020 8339 7083**

open...

We are open seven days a week and most Bank Holidays (reduced hours on public holidays).

Monday - Friday 6.00 am - 10.00 pm
Weekends 7.00 am - 8.00 pm

value...

YMCA Surbiton offers excellent value and there are a number of membership options to choose from.

	Monthly	Annual
Specialist	£32	£320
Individual	£40	£400
3 Site	£50	£500
Duo	£75	£750
Day Pass	£25 Get Started Fee	£6.50 per visit
Senior Social	£25 per annum	

